

## Namaste!

CRN# 51490

Course PHED 2410 Sec. 501 Yoga II (Yoga experience or PENP 165 is highly recommended)

Spring 2021 2nd 8wk course

March 22-May 5

Instructor: Alice Chouinard-Welk Email [algal@unm.edu](mailto:algal@unm.edu)

Location: Remote Arranged On line and in your home using video and internet

Office Hours: Mondays 12:30-2:00 pm by email or by appointment.

### Hatha Yoga Course Description:

Ha means sun, Tha means moon. (Describing polar opposites) The word yoga means to yoke, unite or make whole. We will continue our individual Journey inward, practicing awareness of body alignment. We will challenge our ideas of what the body can do, benefiting the body systems, including; skeletal, muscular, circulatory, respiratory, digestive, eliminative, endocrine, nervous, pranic and mental. It is important to respect one's own limitations, which may change from day to day and moment to moment. Take a friendly approach to the body, move slowly and with control, never bounce or push into areas of pain.

### Bring to practice: (some supplies available at the book store)

Blankets (woven Mexican throw style) or blankets that give firm support

Sticky mat that offers good traction (a thin mat is best)

Two firm yoga blocks

Metal folding chair

An empty stomach

Beginner's mind

A respectful and supportive attitude towards yourself and others

Access to a computer and Wi-Fi

**Dress:** Elastic waist shorts or leggings with tank top and bare feet. Dress to move freely.

**Text: Recommended not required:** Yoga the Path to Holistic Health by B.K.S Iyengar

Student Learning Outcomes:

1. Provide the student with a more in depth exploration of Hatha Yoga techniques such as yoga postures (asana), breathing techniques (pranayama), and meditation.
2. Develop core strength, gain muscular endurance, increase flexibility, cultivate proper body alignment, and learn fundamental Sanskrit terminology.
3. Clear the mind and alleviate stress by relaxing and toning the body.
4. Increase body awareness through breath, meditation, and movement.
5. Understand appropriate asana sequencing in order to build a personal yoga practice and create a routine.

Hatha Yoga is physical yoga. **Practice is a must! It is important to practice at least twice a week.** Practice in a safe place with no distractions. **Optional video link:**

[https://zoom.us/rec/share/DKA3NRvvQS5ytDA\\_zOaAzrpZqspBDztoR9EPDTt7U03L3gDHe8nLrMcH15d9inCK.PRbXgYXQTwbwQdEn](https://zoom.us/rec/share/DKA3NRvvQS5ytDA_zOaAzrpZqspBDztoR9EPDTt7U03L3gDHe8nLrMcH15d9inCK.PRbXgYXQTwbwQdEn)

Passcode:

RHP^0kbg

**Course Requirements: Practice and participation 130 possible points.** This will address all student learning outcomes.

**Journal Assignment: at least 6 Emails 20 possible points each.** Each week tell me how many times you practiced. Following this format: **#1** Take a full body photo of yourself in the assigned posture to send as a pdf attachment. (5pts) **#2** Practice the posture. Describe your experience in the posture a) physically (5pts), b) mentally (5pts), and c) with the breath (5pts). Week One: Ardha Chandrasana, Week Two: Virabhadrasana III, Week Three: Vasisthasana, Week Four: Purvottanasana, Week five: Bhujangasana or Urdva Mukha Svanasana, Week Six: Adho Mukha Svanasana Eka Pada or Adho Mukha Vrksasana. Week Seven: Explain the challenges and benefits you perceived from your practice and how this course affected your life. The journal will help the instructor assess your learning process and will correspond with student learning outcomes 1 through 5.

**Due Date:** Journal Emails are due by Friday each week. If you miss the due date you forfeit the points. Assignment one due 3/26, two 4/2, three 4/9, four 4/16, five 4/23, six and seven 4/30.

**A+ = 100% - 250 points** (at least 6 journal emails earning all points)  
**A = 90 - 99% - 225 - 249 points** (at least 5 journal emails earning adequate points)  
**B = 80 - 89% - 200 - 224 points** (at least 4 journal emails earning adequate points)  
**C = 70 - 79% - 175 - 199 points** (at least 3 journal emails earning adequate points)  
**D = 60 - 69% - 150 - 174 points** (one or two journal emails earning adequate points)  
**F = Failure to meet minimum requirements.**

If you are taking this class for credit / no credit, anything below 175 points equals no credit.

If you have a certified disability, please inform me of any special needs as soon as possible, to ensure that those needs are met in a timely manner. Student services at 925-8560 for more info.

Under Title 9 any report made to a faculty member, TA or GA, regarding sexual misconduct or gender discrimination must be reported to the Office of Equal Opportunity and the title 9 coordinator. You may contact them at 505-277-5251. You may talk confidentially on this campus to Hank Vigil at 925-8560.

Recommended not required readings:

Yoga the Path to Holistic Health by B. K.S. Iyengar

Yoga Sutras of Patanjali interpreted by Mukunda Stiles

How to Use Yoga by Mira Mehta

Yoga the Spirit and Practice of Moving into Stillness by Erich Schiffman

Light on Yoga by B.K.S. Iyengar

Be Here Now by Ram Dass

The Tree of Yoga by B.K.S. Iyengar

**Magazine:** Yoga Journal (available at the library)

**Enjoy your practice!**